

IN THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

Claims 1-3 (canceled).

Claim 4 (currently amended): An oil ~~Oil~~ prepared from a soybean material containing ~~15-80 %~~ wherein said soybean material has a germ content of 15 to 80 % by weight of the germ content, and wherein said oil comprises a total content of Δ 7-Stigmastenol, Δ 7-Avenasterol, and Citrostadienol of 20-51% by weight, based on the total weight of sterol.

Claim 5 (currently amended): The oil of Claim 4, wherein said ~~Oil prepared from a soybean material containing 30-80 %~~ has a germ content of 30 to 80 % by weight of the germ content.

Claim 6 (currently amended): An oil ~~Oil~~ prepared from a soybean material containing ~~15-80%~~ wherein said soybean material has a germ content of 15 to 80 % by weight of the germ content which and wherein said soybean material is produced by the method according to Claim 1 crudely crushing a starting soybean material or its selected seeds from which foreign substances have been removed, into a size of less than $\frac{1}{2}$, and separating and concentrating a soybean germ fraction, and wherein said oil comprises a total content of Δ 7-Stigmastenol, Δ 7-Avenasterol, and Citrostadienol of 20-51% by weight, based on the total weight of sterol.

Claim 7 (currently amended): An oil ~~Oil~~ prepared from a soybean material without any addition of sterol, which contains 0.8 % by weight or more of a total sterol content, and wherein said oil comprises a total content of Δ 7-Stigmastenol, Δ 7-Avenasterol, and Citrostadienol of 20-51% by weight, based on the total weight of sterol.

Claim 8 (currently amended): The oil ~~Oil~~ according to Claim 4, ~~in which a content of~~ comprises Campesterol in the total sterol is an amount of 7.0-14% by weight or less, based on the total weight of sterol.

Claim 9 (canceled).

Claim 10 (currently amended): The oil ~~Oil~~ according to Claim 4 which ~~contains~~ comprises tocopherol in an amount of 100 mg or more per 100 g of ~~the~~ said oil.

Claims 11 and 12 (canceled).

Claim 13 (currently amended): A food ~~containing the~~ comprising an oil prepared from ~~the~~ a soybean material, wherein said soybean material has a germ content of containing 15 % by weight or more of the germ content, and wherein said oil comprises a total content of Δ 7-Stigmastenol, Δ 7-Avenasterol, and Citrostadienol of 20-51% by weight, based on the total weight of sterol.

Claim 14 (canceled).

Claim 15 (currently amended): An oil ~~Oil~~ prepared from a soybean material containing 15-80% wherein said soybean material has a germ content of 15 to 80 % by weight of the germ content which and wherein said soybean material is produced by the method according to Claim 2 crudely crushing a starting soybean material or its selected seeds from which foreign substances have been removed, into a size of less than 1/2, flaking them, and separating and concentrating a soybean germ fraction, and wherein said oil comprises a total content of Δ7-Stigmastenol, Δ7-Avenasterol, and Citrosteradienol of 20-51% by weight, based on the total weight of sterol.

Claim 16 (currently amended): The oil ~~Oil~~ according to Claim 5, ~~in which a content of comprises~~ Campesterol in the total sterol is an amount of 7.0-14% by weight or less, based on the total weight of sterol.

Claim 17 (currently amended): The oil ~~Oil~~ according to Claim 6, ~~in which a content of comprises~~ Campesterol in the total sterol is an amount of 7.0-14% by weight or less, based on the total weight of sterol.

Claim 18 (currently amended): The oil ~~Oil~~ according to Claim 7, ~~in which a content of comprises~~ Campesterol in the total sterol is an amount of 7.0-14% by weight or less, based on the total weight of sterol.

Claim 19 (currently amended): The oil ~~Oil~~ according to Claim 15, ~~in which a content of comprises~~ Campesterol in the total sterol is an amount of 7.0-14% by weight or less, based on the total weight of sterol.

Claims 20-28 (canceled).

Claim 29 (currently amended): The oil Oil according to Claim 5 which ~~contains~~
comprises tocopherol in an amount of 100 mg or more per 100 g of ~~the~~ said oil.

Claim 30 (currently amended): The oil Oil according to Claim 6 which ~~contains~~
comprises tocopherol in an amount of 100 mg or more per 100 g of ~~the~~ said oil.

Claim 31 (currently amended): The oil Oil according to Claim 7 which ~~contains~~
comprises tocopherol in an amount of 100 mg or more per 100 g of ~~the~~ said oil.

Claim 32 (currently amended): The oil Oil according to Claim 8 which ~~contains~~
comprises tocopherol in an amount of 100 mg or more per 100 g of ~~the~~ said oil.

Claim 33 (canceled).

Claim 34 (currently amended): The oil Oil according to Claim 15 which ~~contains~~
comprises tocopherol in an amount of 100 mg or more per 100 g of ~~the~~ said oil.

Claim 35 (currently amended): The oil Oil according to Claim 16 which ~~contains~~
comprises tocopherol in an amount of 100 mg or more per 100 g of ~~the~~ said oil.

Claim 36 (currently amended): The oil Oil according to Claim 17 which ~~contains~~
comprises tocopherol in an amount of 100 mg or more per 100 g of ~~the~~ said oil.

Claim 37 (currently amended): The oil Oil according to Claim 18 which ~~contains~~
comprises tocopherol in an amount of 100 mg or more per 100 g of ~~the~~ said oil.

Claim 38 (currently amended): The oil Oil according to Claim 19 which ~~contains~~
comprises tocopherol in an amount of 100 mg or more per 100 g of ~~the~~ said oil.

Claims 39-47 (canceled).